



Welcome to 2024 Region 4 Championships

Welcome to the 2024 Region 4 Xcel Championships!

Gymnast Check In: Gymnasts MUST check in before entering the venue for their session. Gymnasts' check in will be off the main floor lobby at arena door 1. Gymnasts will receive a wristband which they will need to enter the competition gyms. Gymnasts competing in the White and Blue gyms will enter for their sessions through the credential check in. Gymnasts competing in the Pink gym will proceed through the box office area and past the Taft room. Competing athletes do not need to go up the escalators for their session.

Coaches' Check In: Coaches' check in will be next to the athlete check in. Coaches should check in and get a wristband. The wristband will be valid for all sessions throughout the weekend. Any coaches not on the USAG coaches' sign in sheet will be charged a \$100 onsite registration fee.

Coaches' Attire: Remember No hats or jeans allowed. You must wear athletic rubber sole shoes. The use of cell phones is ONLY to videotape YOUR gymnast's routines. If you need to use it for personal use, please go off the field of play.

Coaches Meeting: There will be a coaches' meeting 5 minutes after the start of open stretch.

- Verbal Coaching...Warning, then 0.20 deduction. NO WARNING for telling them what to do.
- Judges will be showing their start values individually for each routine. Start Values do NOT need to match.
- Inquiry Forms' location. Please give forms to your Meet Referee. Be aware your scores can stay the same, go up or go down.
- Do NOT move equipment between events, spring boards or mats.
- No boards on 8" mats.
- Putting mats on the floor is OK. If using additional matting on the floor, (sting, throw mat, etc) the borders MUST be marked. Failure to mark the border will be a 0.20 deduction. There will be NO WARNING. A damp towel will be provided for you to remove the chalk marking.
- Only coaches (with a wristband) and athletes in that current session are allowed to be on the competition floor.

Order: Random draw has been done per session. Rotations will be handed out before each session. The event listed next to the gymnasts is the athlete who starts that event. The order stays the same, with the 1st athlete on each event changing. Please let your athletes know they will follow the same girl on every event.

Judges: All inquiries should be taken to the Meet Referee at the Judging Referee table by scoring. Please refrain from speaking to the judges other than a friendly greeting. ANY and ALL questions regarding the scoring of your gymnasts must be directed to the meet referee.

March-in: Athletes will be lined up by state for a formal march-in after open stretch. The National Anthem will be played only before the 1st session of the day.

Equipment: AAI Equipment. ALL equipment MUST stay at the event. Please don't move boards or mats between events.

Warm-ups

- Warm up 1st event. When you are done competing that event, please rotate to the next event right away. Formal rotations will NOT be announced.
- Vault: All gymnasts warm-up together using the amount of time per the largest squad (no block time allowed). Time set to the largest squad of the entire competition in that gym.
- On Beam and Bars warm-ups: Gymnasts must follow the order of the rotation sheet for the **first gymnast to start** the warm up; however, the first gymnast may block with others or the entire squad may block together. There can be separate blocks to facilitate bar settings, mat configurations, etc. In this instance the blocks must still follow the order of the rotation sheet.
- Floor will warm-up between routines, see below.
- **A timer will be available on all events for assistance.**
- **Floor will warm-up between routines for ALL LEVELS, according to R&P:**
 - Each gymnast will receive 5 warm up turns. After their 5th turn, they will be “on deck”. This will give them a rest before they compete.
 - Only 5 gymnasts will be warming up on the floor at a time, except the very first rotation where 6 gymnasts will have a timed warm-up.
- A floor manager will be checking off the athletes that should be warming up. Please rotate to the floor immediately after your athletes are done competing beam.
- There will be chairs along one side of the floor for the athletes warming up with numbered Sashes on them. Your athletes do not need to sit in the chairs, but it would be helpful to the other athletes in your rotation.



Music: We are asking coaches to play their own music. Be sure the volume on your device is turned all the way up, **after plugging it into the sound jack**. Also, make sure you are on airplane mode. If you need help with the music, there will be a person on the floor that can help you.

Trainer: University of Iowa Sports Medicine is providing Athletic trainers for the competition

Graduating Seniors: Please click this link so we can recognize you during your session:

[Graduating Senior form](#)

Results: We will be doing scoring on MeetScores Online and MyUSAgym.com

Coaches Hospitality:

We will have a hospitality suite for coaches, however we will not be providing full meals. We will have some light refreshments. We encourage you to use the suite to relax if you have breaks between sessions. There will be concessions available on site and there are many near by restaurants, and delivery services that you are responsible to pay for. The suite is in the Doubletree on the 15th floor, just off the elevators. Room 1520. It will be open from 7:45AM-9:45PM Friday, Saturday, and Sunday. If you exit the arena through the credentialed entrance, turn left to enter the hotel lobby and take the elevator up to the 15th floor.

Getting around the venue:

- Coaches can easily get from the Pink gym to the White and Blue gyms (and vice versa) by going through the awards room, into the back corridor which leads directly to the arena floor. Only those with wristbands are allowed in this area.
- If you are not staying in the hotel, you can park in either of the ramps that are connected to the arena via skywalk. You will take the skywalk to the arena and then take the elevator down to the DoubleTree. Walk through the lobby and out the doors into the conference area. The credentialed entrance will be on your right.

Awards Ceremonies:

- We have two awards rooms that we will be utilizing for all 3 gyms. These rooms are located in the conference center.
- Athletes in the White and Blue gym will leave through the credential entrance and follow the signs to the awards room
- Spectators in the White and Blue gyms will exit the arena and go down the escalator and follow the signs to the correct awards room.
- There may be a 15-30 minute break between the conclusion of a session and the beginning of the awards ceremony
- Please ask your athletes' spectators to not enter the awards room until it is time for their athlete's session awards
- There will be signs directing athletes and spectators to the appropriate awards area for their session
- There are no team awards